



24/7 Mental Health Services

Beyond Blue



1300 224 636



beyondblue.org.au

Cancer Council



1800 632 583



cancervic.org.au

MensLine Australia



1300 789 978



mensline.org.au

Open Arms



1800 011 046



openarms.gov.au

LifeLine



13 11 14



lifeline.org.au

Suicide Call Back Service



1300 659 467



suicidecallbackservice.org.au



Is it an emergency?

If you or someone you know is in immediate risk of harm call **triple zero (000)**